

MONTHLY SORTIE GOALS

961st Airborne Air Control Squadron	67.9
Monthly flying-hour contract	62.5
Hours flown	62.5
Monthly offset	-5.1
505th Air Refueling Squadron	147.0
Monthly flying-hour contract	147.7
Hours flown	147.7
Monthly offset	0.7
67th Fighter Squadron	165.6
Monthly sortie contract	174.1
Sorties flown	174.1
Monthly offset	8.5
44th Fighter Squadron	161.4
Monthly sortie contract	125.2
Sorties flown	125.2
Monthly offset	-36.2
33rd Rescue Squadron	86.0
Monthly flying-hour contract	86.0
Hours flown	86.0
Monthly offset	10.5




Source: 18th MOS/MXOOP, as of Dec. 11

THE KADENA SHOGUN



Vol. 20, No. 48 **Kadena Air Base, Japan** **Friday, Dec. 16, 2005**

WEEKEND WEATHER

	TODAY: Mostly cloudy N/NE winds @ 12-25 knots High: 64 Low: 55
	SATURDAY: Mostly cloudy N/NE winds @ 15-25 knots High: 66 Low: 55
	SUNDAY: Mostly cloudy NE winds @ 10-20 knots High: 66 Low: 55

FRIDAY MORNING'S COMMUNITY BANK EXCHANGE RATES
BUYING: \$1=\$117 SELLING: \$123-\$1

COMPACAF addresses realignment, modernization

By Staff Sgt. Jason Lake
18th Wing Public Affairs

Modernization and movement will be the central focus of Pacific Air Force bases over the next decade, said the Pacific Air Forces' top leader Dec. 8.

Most of the bases throughout PACAF will undergo some changes — whether it be realigning base infrastructure or adding new aircraft to the base's inventory — including Kadena, explained Gen. Paul V. Hester, PACAF commander.

"These posture changes are clearly an attempt by Air Force [leaders] to modernize and recapitalize our equipment," he explained.

The former U.S. Forces Japan commander said Kadena should be getting younger F-15 Eagles from Langley Air Force Base, Va. Another possible change involves moving Japan Self-Defense Forces from Naha Air Base to Kadena.

Regardless of any changes in infrastructure, General Hester said Kadena will continue to be a key strategic hub for Pacific theater operations.

General Hester said plans are already in motion to build up another strategic hub in the Pacific — Andersen Air Force Base, Guam.

"Guam is going to grow equally important as Kadena as its mission incorporates the B-52, B-1, B-2 as well as KC-135 Stratotankers and Global Hawks later

down the road," he said during a meeting with senior enlisted leaders at the Rocker NCO Club shortly after presenting four awards, including a Purple Heart and two Bronze Stars. "Additionally, there is a lot of discussion about the relocation of 7,000 Marines from Okinawa to Guam."



General Hester

General Hester also mentioned that Eielson Air Force Base, Alaska, would be adding an F-16 "aggressor" squadron while relocating its A-10 Thunderbolt II fleet elsewhere. Also in Alaska, Elmendorf Air Force Base is slated to receive eight C-17 Globemaster IIIs in 2007.

In Hawaii, General Hester said Hickam Air Force Base will be busy next year marrying up its eight new C-17 Globemaster IIIs with the Army's Stryker mission for quick response contingencies, such as Operation Unified Assistance in Southeast Asia last December. The general said he's hoping to assimilate two or three squadrons of the new F-22 Raptor at bases in Alaska and Hawaii within the next decade. As for Korea, General Hester said right now some U.S. military assets

are relocating from Seoul to bases farther south.

"Things on the peninsula could change at any time," he said, referring to North Korea's ambitions.

As these and many other changes continue in an effort to modernize the Air Force's infrastructure, General Hester told the senior enlisted leaders they would be key in keeping both Airmen on the front lines and the officers leading them informed.

"It will ultimately fall on your shoulders to explain these processes to Airmen," General Hester explained. "We also need to have constant discussion between our enlisted Airmen and officers so that we can hear what it is that you're seeing out in the field."

Before a question and answer session with senior NCOs, the general explained the importance of good mentorship and accountability.

"We must stress personal responsibility to our Airmen," he said after applauding the 18th Wing's liberty card program. "The [liberty card] program you've started here has produced results. There is a point in the maturing process that we must implant in our Airmen. We all must rely on each other to accomplish this."

Before departing for Hickam, General Hester thanked Kadena Airmen for their hard work and dedication at the Keystone of the Pacific.

"I wish I could have shaken everyone's hand and told them how proud I am of them," he said. "[The Airmen here] are doing magical things."

AFN to conduct live newscast, reward responsible drivers at Gate 2 Dec. 22

By Capt. Gerardo Gonzalez
18th Wing Public Affairs

People passing near Gate 2 between 3 and 5 p.m. on Dec. 22 can win free soft drinks from American Forces Network radio personalities if they have a good answer to a simple question.

What is your plan to not drink and drive this holiday season?

A right answer will earn people free soft drinks during the "wingman" live radio remote broadcast from the gate, said Master Sgt. Robert Shields, AFN operations manager.

"The Kadena Commissary gave us 400 six-packs of soda to give away," he said. "If you have a good plan that ensures you stay safe and not get a DUI, you can win."

The purpose of the live broadcast is to raise DUI awareness and promote holiday safety.

"We just want to take the last busy day before the holiday to remind everyone to celebrate, but stay safe at the same time," said Sergeant Shields. "We're going to be discussing the many ways to have a safe holiday season."

Conducting the broadcast will be Staff Sgt. Joseph Derr—often heard on the Wave 89 morning show. A lineup of guests for the show is being worked, said Sergeant Shields.

"We're working with the Kadena Alcohol Task Force to get more organizations to come out and discuss this important topic," he said. "A safe holiday is our overall goal."

Liberty Card program cuts DUI rate by one-third

By Capt. Carlos Diaz
18th Wing Public Affairs

Base officials are noticing a promising 33 percent reduction of alcohol-related incidents just six months after the 18th Wing implemented General Order 1 and promoted the Z-Z-1-3 concept.

In July, Brig. Gen. Jan-Marc Jouas, 18th Wing commander authorized GO1, which mandated the use of blue and silver liberty cards for all Airmen assigned to the base. The policy was intended to stunt an upward trend in alcohol-related incidents.

According to 18th Security Forces Squadron statistics presented Dec. 11, 29 DUI cases were reported at Kadena from July to December 2005. That's 14 DUI cases less than the same period last year when Kadena had 43.

The statistics also reflect that Kadena had eight DUIs in June 2005 compared to five in June 2004.

In July 2004 the base had five DUI cases versus nine in 2005, which put the total number of



Air Force/Staff Sgt. Chyrece Campbell
Staff Sgt. Latoya Settles, 18th Security Forces Squadron, practices using an alcohol wand Dec. 6 at Gate 1. Security forces will be out in full force the next few weeks to counter the historical rise in alcohol-related incidents during this time of the year.

DUI cases at 49 for 2004 and 63 for 2005—an increase of 14 cases from the previous year.

In a monthly comparison, officials noticed the number of DUIs in July 2004 were significantly fewer compared to this year.

Alcohol Task Force officials ask everyone to enjoy the holidays safely and help eliminate the potential rise of alcohol-related incidents in December.

"Historically, December is the month in which we see a spike in alcohol-related incidents. We must remain vigilant and not let our wingman drive if they have been drinking," said Maj. Tony Anaya, Alcohol Task Force chairman. "We want our folks to enjoy the Holidays and the New Year responsibly, but most importantly we want them back next year."

"The progress that we have seen so far after the implementation of GO1 and the Z-Z-1-3 campaign is encouraging and we expect to see a further reduction in DUI cases, but to achieve this goal we must continue to educate our Airmen about making responsible choices when it comes to drinking and driving," said Major Anaya.

Kadena NCO awarded Purple Heart for OIF injury, see page 4



Beating the holiday blues

Kadena psychologist offers tips to maintain mental health

By Capt. Robert Vanecek
18th Medical Operations Squadron

The holiday season is generally thought of as a time of joy, good cheer and optimistic hopes for the coming year.

Unfortunately, some people do not enjoy an ideal holiday season, but instead experience symptoms of stress and depression commonly referred to as the "holiday blues."

Reasons why people sometimes become depressed during the holidays are numerous and may include: adding extra holiday events to an already busy schedule, increased awareness of financial stress, reflection on another year gone by, or changes in the weather.

A big factor for persons stationed overseas is being away from friends and family during what many people consider to be a time especially devoted to spending with loved ones.

When these or other factors lead to stress and depression, people often become even more upset and confused with the realization that their emotional experience is very different from the happiness and cheer expected during the holidays.

The first step in doing something about the holiday blues is recognizing them.

Though the signs may be different for everyone, common symptoms include: persistent sad or "empty" mood; feelings of hopelessness, worthlessness, or guilt; increased or unsafe use of alcohol; fatigue; altered eating or sleeping patterns; irritability, crying, and anxiety; difficulty concentrating; social withdrawal; loss of interest or apathy; physical symptoms such as headaches or stomach aches; and thoughts of suicide.

Because it is often difficult to recognize these signs in ourselves, it is important to watch your Wingman for indications that they may be experiencing difficulties.

So how do we fight the holiday blues?

One of the most important strategies is preparation and planning to make sure you are not surprised by

Because it is often difficult to recognize these signs in ourselves, it is important to watch your Wingman for indications that they may be experiencing difficulties.

the onset of stress and depression.

Avoid doing too much. Even enjoyable things like shopping, decorating, cooking and entertaining guests can become burdensome when done to excess. Try to make the holidays more manageable by setting realistic goals, organizing time and prioritizing activities.

Recognize that many of the demands placed upon us are self-imposed and take a break when needed.

Consider financial constraints before shopping and stick to them. Retrospective budgeting is not an effective way to manage finances, and it can contribute to increased stress following the holidays.

Being overseas for the holidays can be rough, especially the first time. Be aware that this holiday season will be very different from those you have enjoyed in the past at home and allow yourself freedom from the pressures to make this holiday just like last year's.

Find alternative ways to be

involved with distant loved ones like sending cards and letters, phone calls, e-mail or dropping audio/video tapes in the mail.

Enjoy the usual holiday traditions but make an effort to meet new friends and discover new ways of celebrating. Social isolation only contributes to feelings of unhappiness, so be sure to spend time with persons who support and care about you. A final thing to remember is that the unique stressors associated with overseas assignments are temporary. Remain focused on positive aspects of the future rather than temporary inconveniences.

You should also remember that alcohol is not a necessary part of celebrating the holidays. If you choose to use alcohol, remember the Z-Z-1-3 program and don't forget to be a good Wingman to your friends who use alcohol.

You probably won't want to answer the question of what Santa brought you for the holidays if you got a DUI.

ACTION LINE

E-mail: 18wg.cchotline@kadena.af.mil

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play. If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it. Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.



Brig. Gen. Jan-Marc Jouas
18th Wing commander

Don't drink & drive
It has been...
6 days
since the last DUI arrest on Kadena.
60 days = 18th Wing 'Down Day'



18th Wing Commander.....Brig. Gen. Jan-Marc Jouas
Public Affairs Chief.....Lt. Col. Michael Paoli
Deputy Public Affairs Chief.....Capt. Carlos Diaz
PA Superintendent.....Senior Master Sgt. Ken Fidler

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For editorial submissions, send E-mail to kadenashogun.newspaper@kadena.af.mil.

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SHOGUN WARRIOR OF THE WEEK



Staff Sgt. Jermaine Baker

Unit: 733rd Air Mobility Squadron, aircraft maintenance section crew chief
Hometown: Atlanta, Ga.

Reason for nomination: Sergeant Baker is always the first to volunteer and leads the charge when it comes to his work ethic. He was also one of the star players for the Kadena Dragons football team.

Time at Kadena: 9 months.

Editor's note: Shogun Warriors are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.

Air Force releases new mission statement

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON — The realities of the world have changed dramatically since the creation of the Air Force in 1947 and continue to change almost daily.

With these changes in mind, Air Force leaders released a new mission statement Dec. 7 that defines the current and future direction of the Air Force.

"Today, our world is fast paced, constantly shifting and filled with a wide range of challenges," Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley wrote in a joint Letter to Airmen. "Our mission is our guiding compass, and it must be clearer than ever before."

The mission statement defines the "where and what" the Air Force accomplishes on a daily basis:

The mission of the United States Air Force is to deliver sovereign options for the defense of the United States of America and its global interests — to fly and fight in Air, Space, and Cyberspace.

The statement includes two new concepts, "sovereign options" and "cyberspace," which the secretary and chief defined.

They said having sovereign options is the essence of being a superpower.

"Our task is to provide the National Command Authority and the combatant commanders with an array of options ... options that are not limited by the tyranny of distance, the urgency of time, or the strength of our enemy's defenses," they said. "With one hand the Air Force can deliver humanitarian assistance to the farthest reaches of the globe, while with the other hand we can destroy a target anywhere in the world."

The term cyberspace includes network security, data transmission and the sharing of information.

"We have quite a few of our Airmen dedicated to cyberspace ... from security awareness, making sure the networks can't be penetrated, as well as figuring out countermeasures," Secretary Wynne said. "The Air Force is a natural leader in the cyber world and we thought it would be best to recognize that talent."

Adversaries of the United States will use any method or venue necessary to contest America, and it is an Airman's calling to dominate air, space and cyberspace, the leaders said.

"If we can decisively and consistently dominate our assigned commons, then we will deter countless conflicts," they said. "If our enemies are foolish and underestimate our resolve, then we will fly, fight, and destroy them."

Using past air power pioneers as examples of understanding the mission, they said, "Our new mission statement has evolved over time, but it does not change the nature of who we are or what we do."

Planting friendship



Air Force/Staff Sgt. Chyrece Campbell

Brig. Gen. Jan-Marc Jouas, 18th Wing commander, and Yukio Taira, Chairman for Okinawa Chamber of Commerce, plant a tree as a symbol of the enduring friendship between Kadena Air Base and neighboring communities during a ceremony held at Friendship Plaza across from the USO Dec. 7.

DON'T DRINK AND DRIVE: Did you know? Every 30 minutes someone in the U.S. dies in an alcohol-related crash. In 2004 alone, over one million people were injured in alcohol-related traffic crashes.

FINAL SHOGUN: This issue of the Kadena Shogun Newspaper is the final standard issue for 2005. The next standard issue will be published Jan. 13. Next week there will be a special edition Year in Review issue highlighting events throughout 2005.

CLINIC CLOSURE: All 18th Medical Group clinics and ancillary services will be closed Dec. 23-26 and Dec. 30-Jan. 2. For emergencies call 911 or visit the Camp Lester U.S. Naval Hospital emergency room. For urgent concerns, contact the on-call provider by calling the Okinawa Clinical Answering Service at 643-4245.

FREE PARTY: The Kadena First Sergeants Council will host a free holiday party at the Rocker NCO Club Tuesday at 6:30 p.m. for unaccompanied military members in the grades of E-4 and below. The party will feature food, prizes and presents. Contact unit first sergeants for more details.

GATE 3 UPDATE: The current configuration of the inbound/outbound lanes at Gate 3 will change Dec. 24 as construction efforts continue. The lanes will adjust to the other side of the roadway until construction is completed in February. Drivers should continue using Gates 1 and 2 as often as possible to help reduce traffic congestion at Gate 3.

HOLIDAY CHAPEL SERVICES: Below are the upcoming holiday chapel services:

Protestant services

- Christmas Eve services - Family services start at 4 and 5:30 p.m. at Chapel 3; Candlelight service starts at 7 p.m. in Chapel 1 and Communion starts at 11 p.m. in Chapel 2.

- Christmas Day service at 10:30 a.m. and 7:30 p.m. in Chapel 1. Watch Night starts at 10 p.m. in Chapel 3.

Catholic services

- Christmas Eve Services - Family mass starts at 5 p.m. at Chapel 1; Vigil Mass begins at 9 p.m. in Chapel 3; Midnight Mass will be held in Chapel 1.
- Christmas Day - 8:45 a.m. in Chapel 3 or 12:30 p.m. in Chapel 1.

For more information on other services, call 634-1288.

HOUSE DECORATING RULES: Base housing officials announced the following guidelines for holiday decorating in base housing:

- Use scotch tape or adhesive backed hangers for placing decorations on doors. Don't use hot glue.
- Balconies can be decorated with lights, but lights may not be hung from exterior concrete walls.
- Decorations are authorized for use in recreation rooms and can be hung from ceilings using thumbtacks only.
- Keep outside lights off during the daytime. Outside lighting should not be left on throughout the night either. Turn off lights no later than 10 p.m.
- Holiday lights should all be removed by Jan. 3.

DIRECT DIALING FROM OFF BASE: A new feature, Direct Inward Dial, allows off base callers to dial directly to a Kadena phone number. Below are the corresponding numbers:

630-XXXX = 098-960-XXXX
632-XXXX = 098-962-XXXX
633-XXXX = 098-959-XXXX
634-XXXX = 098-961-XXXX

Callers may receive a busy signal during high traffic hours.

CORRECTION: In last week's edition of the Kadena Shogun Newspaper, the story highlighting holiday shopping incorrectly listed Army and Air Force Exchange Service shopping hours for Dec. 23 and Dec. 24. The correct hours are 7 a.m. to 10 p.m. and 7 a.m. to 8

p.m., respectively.

TRASH TIP: Dispose of insecticides, paint, lighter fluids and turpentine by calling the environmental flight at 634-2600 for guidance.

ENERGY CONSERVATION: Heat in base housing is activated when the daily low temperature average for a period of seven consecutive days is below 59 degrees Fahrenheit or no later than Jan. 5.

HOLIDAY FIRE SAFETY: The 18th Civil Engineer Squadron firefighters offer the following tips to avoid a fire during the holidays:

- Follow the manufacturer's instructions on how to use tree lights. Worn, frayed or broken cords or loose bulb connections shouldn't be used. Don't use more than three strands of lights.
 - Never use lit candles to decorate a tree and keep lit candles away from tree branches.
 - Buy a fire-retardant artificial tree if possible.
 - Always unplug tree lights before leaving home or going to sleep.
- For more information on fire safety, call 634-4500.

DRIVING ALTERNATIVES: Team Kadena members needing a ride after consuming alcohol this holiday season have several options. Call Airmen Against Drunk Driving 24-hours a day, 7 days a week, at 634-AADD. Air Force Club members can get a free taxi ride home from any 18th Services Squadron facility that serves alcohol. Contact the facility manager for a voucher. The 18th Security Forces Squadron law enforcement desk also sponsors a last resort fund for military members under the influence stranded at one of the Kadena gates without enough money for a taxi. Members using this service are required to reimburse the LE desk the following day or as directed by their first sergeant.

Kadena Airman receives Purple Heart

Story and photo by
Staff Sgt. Chyrece Campbell
18th Wing Public Affairs

An 18th Logistics Readiness Squadron Airman is Kadena's first Purple Heart recipient since the start of Operation Iraqi Freedom.

Staff Sgt. Ronald Punzalan received the decoration from Gen. Paul Hester, Pacific Air Forces commander, in front of more than 300 Airmen, family and friends in a ceremony Dec. 8 at the Rocker NCO Club.

"We were not expecting such a big ceremony," said Clarissa Punzalan, Sergeant Punzalan's wife, visibly proud of her husband.

Sergeant Punzalan, a transportation journeyman, served in Iraq from February to August 2004.

While deployed he was responsible for watch tower duty and providing security as a convoy gunner.

In June, during his 23rd convoy, an improvised explosive device detonated 15

feet from his Humvee. Despite ringing in his ear, he continued working as usual for the remainder of the deployment.

When he returned to Kadena he continued to have the ringing in his ear. Coworkers noticed that he was not responding when called. His family also noticed that he would not always respond to them.

One day, Sergeant Punzalan's children had to point out that the phone was ringing even though he was sitting right next to it. It was then he realized there was a problem; yet, he convinced himself not to see a doctor.

But others at work kept noticing that something was wrong and his supervisor suggested he see the doctor.

Five months after the incident, Sergeant Punzalan found out that 20 percent of the hearing in his right ear was gone. Because of this, he was awarded the Purple Heart.

"I wish I had my hearing back," said Sergeant Punzalan, "but I am just happy that I made it home alive."



Staff Sgt. Ronald Punzalan looks at his newly awarded Purple Heart with his wife, Clarissa, and sons Ronald-Jethro, 7, (left) and Joseph-Gabriel, 3, after a ceremony at the Rocker NCO Club Dec. 8. Sergeant Punzalan earned the medal after his convoy was attacked by an improvised explosive device while deployed to Iraq. As a result of the attack Sergeant Punzalan lost 20 percent of his hearing in one ear.

Two NCOs awarded bronze stars

By Staff Sgt. Jason Lake
18th Wing Public Affairs

Two NCOs from the 18th Logistics Readiness Squadron were awarded Bronze Stars Dec. 8 for their actions supporting Operation Iraqi Freedom.

Tech. Sgts. Richard Snider and Michael Powers were presented the medals by General Paul Hester, Pacific Air Forces commander, during a ceremony at the Rocker NCO Club.

Both NCOs said they were humbled by the presentation and were proud to accept the medals on behalf of the Airmen and Soldiers they served with while providing convoy security with the 2632nd Air Expeditionary Truck Company assigned to Balad Air Base, Iraq.

"Every mission was challenging, but the one that sticks out the most for me was my second mission as convoy commander," Sergeant Snider recounted. "There was a large explosion about 100 feet in front of my vehicle and two seconds later I saw a blue fireball jump out from the original improvised

explosive device crater and explode in the air."

The second explosion was a direct hit on the vehicle in front of Sergeant Snider's.

"[One of the passengers] took a large piece of shrapnel in his left leg and was bleeding badly," the 13-year Air Force veteran said. "The rest of the convoy reacted to the situation according to their training, and we halted the convoy to provide perimeter security for the disabled truck."

Sergeant Powers, a 15-year Air Force veteran also had his share of close calls - whether on a convoy mission or back at Balad trying to recuperate.

"I was hanging out watching a movie in my room when a rocket landed about 200 feet from my front door," he explained.

Needless to say, the two were glad to get home safely. Both NCOs said they also learned about what's important in life.

"This was the most rewarding thing I've ever done in my entire career," Sergeant Powers said. "We got the job done and we got it done right."



Air Force/Staff Sgt. Chyrece Campbell

Tech. Sgts. Michael Powers and Richard Snider, both assigned to the 18th Logistics Readiness Squadron, look at their Bronze Stars with family members shortly after receiving them during a ceremony at the Rocker NCO Club Dec. 8.

Tough hills to climb, but no retreat

By Chief Master Sgt. Clinton Camac
18th Wing Command Chief Master Sergeant

Editor's Note: Tales of the Tape is a six-part series about the pursuit by Kadena's top enlisted leader to achieve a healthier lifestyle. Here's his last report:

As my 12-week program comes to close, it's not ending with quite as big a bang as I would like. But that's OK. I promised you I would bare the facts as they present themselves during the program.

I started the program Sept 26 with these goals:

- Earn a 90 or above composite fitness score (from 77.15)
 - Trim 2 minutes off my run time (from 12:52)
 - Increase my push-ups to 60 (from 39)
 - Increase my crunches to 50 (from 30)
 - Trim 6 inches off my waist (from 43.75")
 - Lose 27 pounds (from 227 pounds)
- Here's where I stand today:
- 52 pushups (nearly killed me)
 - 47 crunches (absolutely killed me)
 - Trimmed 4 inches off my waist...now 39.75" (dropped two pant sizes and shortened two belt loops)
 - Lost 15 pounds (now 212 pounds)

Unfortunately, I can't provide a run time or composite fitness test score because of a knee injury that currently prevents me from running for speed. My guess, however, is that my run time would be about the same. However, my composite score should increase to just above 80 as a result of progress made in the other weighed factors.

Some people told me those were lofty goals. But I took the warfighter position: establish clear objectives and devise a course of action. There were some hills I couldn't take, but I never retreated. A few injuries held me back from going full steam ahead on the fitness side. All I could do was work around them and take the doctor's orders to prevent further injury. I also learned something extremely important. Take advantage of your youth early in life to maintain a healthy fitness lifestyle, as it gets tougher and

tougher on the body the older you get.

Some days, I just couldn't get in a weight-lifting workout, although I stood fast on my runs in the morning when my body was healthy, even if I had to get up at "0-dark-30."

Fortunately, I've kept off the weight I lost. Believe it or not, Thanksgiving feasting did not present as big of a challenge as expected. Remember those cheat days I told you about? Flexibility is the key to....Well, you get the idea.

But here's the best part: this was truly a huge mental chore. This fitness program was aimed at changing a behavior, an unhealthy behavior. Reaching for chips, cakes and cookies is a thing of the past. I've cut out junk food, and I'm not snacking aimlessly anymore.

Eating healthy is now routine. That by itself is the biggest win for me. Sure, I miss hotdogs, pizza, Starbucks mocha and old-fashioned donuts. But once the behavior is changed and you're in a maintenance program, you can meet up with those old friends every now and then. The calories that go in just need to come out through exercise. My diet has leveled out to a healthy mix of protein and carbohydrates.

As I've reported before, I've noticed big changes in my mental capacity. I attack a day at work with more vigor. I think more clearly. I can multi-task much easier. Stress levels stay low. I breathe better and my lungs are strong. After a 2-mile run, I still have a lot of juice left in the tank.

I thank the many folks who've called me or sent me messages of support. Sharing health and fitness stories with you meant a lot to me and helped me maintain focus. Along the way, I also hope I helped a few who also were struggling with their personal fitness program.

You probably guessed what's next....a New Year's resolution, right? No. I'm not making one. Why? Because I don't need one now that fitness has become a part of my life...it's just what I do...a routine that I look forward to continuing and perhaps making further progress along my goal line.

See you at the fitness center!



PART 6 OF A
6-PART SERIES

PME boosts civilian leadership opportunity

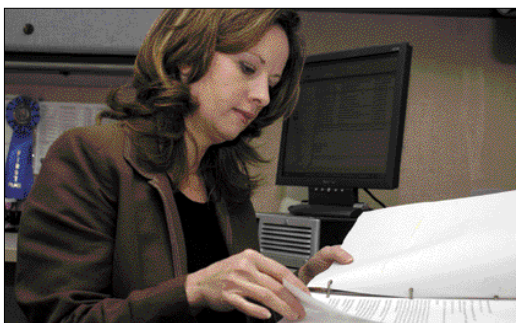
KEESLER AIR FORCE BASE, Miss. — In the Air Force's current climate of shared leadership, civilians are being provided opportunities to fill positions that have historically been held by military officers.

For goal-oriented civilians, there are many opportunities to attend professional military education courses to prepare for career advancement.

Quotas allow civilians to attend PME courses that provide leadership doctrine and management philosophy through in-residence attendance, on-base seminars and correspondence courses.

Last year, Kimberly Dunaway, the acting faculty development chief for 2nd Air Force, completed Squadron Officer School at Maxwell Air Force Base, Ala. A 15-year civil service employee, she's worked at the Air Force's headquarters for 10 years.

SOS is a five-week program offering selected civilians in general schedule grades 9 to 12 an opportunity to learn the total Air Force,



Air Force/Kimberly Groue

Kimberly Dunaway is one of many civilians to complete Squadron Officer School in today's Air Force. She was able to apply SOS credit toward her master's degree.

including the roles of their military counterparts.

The curriculum includes officership application, leadership tools and air and space power through readings, lectures, seminars and field exercises that support each other to provide in-depth coverage.

Physical fitness training and team-building sports activities are integral components of the SOS curriculum.

Civilian students are expected to be in peak condi-

tion and able to do 3-mile runs and the sit-ups and push-ups required for military members.

The six and one-half week Air and Space Basic Course at Maxwell gives selected civilian interns and newly commissioned officers a common understanding of air and space power, history, doctrine, operations, joint war fighting and core values.

Palace Acquire interns, Copper Cap interns in their

HOW TO APPLY

• For resident PME details, visit:
www.afpc.randolph.af.mil/cp/DPKD/guide/sec-3.htm.

• For nonresident PME details, visit:
www.maxwell.af.mil/au/afiadl/main.htm and click on "catalogs."

second or third year of training and base-level interns with at least six months of service are eligible to attend.

Physical conditioning is an integral part of the ASBC curriculum, too.

Students do 3-mile runs, crunches, pushups, run an obstacle course and participate in physical readiness training.

Interested civilians should discuss possible nomination for in-residence attendance to PME with their supervisor.

Employees unable to participate in nonresident PME who are interested in seminars or correspondence courses should contact their local education office.

White House seeks Airmen

Airmen interested may apply for the White House Fellowship Program that provides first-hand experience in how the government operates.

The application deadline is Jan. 15.

Up to 19 people are selected annually to work full-time for one year as special assistants to senior executives in cabinet-level agencies or in the executive office of the president.

Applicants must meet the following criteria:

- Have 24 months time on station as of Aug. 1, 2006, or be returning from an overseas assignment from July 1 to Aug. 31.

- Have sufficient retainability to serve a three-year active-duty service commitment upon completion of the program.

- Be available for reassignment.

Applicants must obtain written endorsement and authorization from the first colonel in their chain of command. They must have completed all developmental or professional military education appropriate to their rank. Also, enlisted applicants must have an "overall 5" rating on their last enlisted performance reports.

To get an application, call (202) 395-4522, express mail at (202) 606-1818, or by writing:
President's Commission on White House Fellows
712 Jackson Place NW
Washington DC 20503
Completed packages, to include applications and endorsements, must be postmarked by Jan. 15 to:
HQ AFPC/DPAPE
550 C St. West, Suite 32
Randolph AFB TX 78150-4734

AF seeks scholars

The Air Force is offering qualified officers, who apply no later than Jan. 3, the opportunity to compete for and earn a master's degree in the Information Assurance Scholarship Program.

A board will convene Jan. 19 at the Air Force Personnel Center here to select officers to attend the IASP.

Information on eligibility requirements, submitting applications and participating schools can be found at: www.defenselink.mil/nii/iasp/DoDMembersMain.htm.

Officers should send completed applications to the following address:
HQ AFPC/DPAPE
550 C Street West,
Suite 32
Randolph AFB, TX
78150-4734

Deployment health assessments start

WASHINGTON — Airmen returning from deployment now have two opportunities to let healthcare workers know of their mental and physical health status.

Beginning in December, the Air Force required all Airmen returning from deployments to complete a post-deployment health reassessment. The assessment needs to be completed between 90 and 180 days after returning home from a deployment. The new assessment complements the post-deployment health assessment, which Airmen complete at the end of their deployments.

The assessment is another layer of help meant to capture information about mental and physical health issues that may not have materialized immediately upon a return home, said Lt. Col. Jim Favret, the clinical consultant to the Air Force Surgeon General for the biomedical science corps.

"The PDHRA enhances the existing procedures we have to monitor the health of our Airmen," he said. "It is an additional tool we are about to put in place to check the health of our Airmen after deployment."

On paper, the assessment is a four-page Department of Defense form called DD2900. That document is already

FINDING IT ONLINE

The "paper" version of the PDHRA can be found at: www.dtic.mil/whs/directives/infomgt/forms/forminfo/forminfo3292.html

available online. But Airmen will not fill out the paper form. Instead, some 90 days after returning from overseas, their unit deployment manager will send them a link to a Web-based version of the form.

The results of an Airman's assessment will be sent to his or her medical treatment facility for review. At the Airman's request, or as the result of a determination made by someone reviewing their assessment, an Airman may be called in to discuss potential health concerns with a medical professional.

"If folks indicate they are experiencing some symptoms, then they will have an opportunity to meet with a health care provider who will do a more in-depth assessment," Colonel Favret said.

The assessment gathers information from Airmen about their current health status. There are also questions about injuries or wounds sustained during deployment and potential exposure to environmental hazards.



Air Force/Senior Airman Cassandra Locke

Tech. Sgt. Anthony Reeves reads "Daddy All Day Long" to his children back home at Pope Air Force Base, N.C. The Story Time Video Program gives deployed members the opportunity to still be a part of their children's lives by reading to them via video. Sergeant Reeves is deployed from Pope's 43rd Airlift Wing.

USO initiative keeps troops connected

WASHINGTON — The United Service Organizations is launching a pilot partnership program with the Family Literacy Foundation to help keep deployed military parents and their children connected.

The program allows troops to send video tapes of them reading aloud from children's books.

The mission of United Through Reading, an established program of the Family Literacy Foundation, is that all children will feel the security of caring adult relationships and develop a love of reading through the "reading aloud" experience.

"This is just another way

the USO is helping servicemembers stay linked to their families. Whether it is a daughter, son, grandchild, or other child in the servicemember's life, sharing this experience helps to maintain the emotional closeness that comes from reading a bedtime story," said USO president and CEO Edward A. Powell. "We are pleased to launch this program in time for the holiday season."

United Through Reading boosts family morale, reinforces parental support for spouses at home, helps to allay children's fears during the parents' absences and eases the reunion process once the servicemember returns.



(Clockwise from top left)

TRACKING NUMBERS: Ashley Bates, wife of Senior Airman David Bates Jr., counts the number of people coming into the Keystone Theater to watch the Cirque Noel show Dec. 11, as Airman 1st Class Jaime Alarcon, 18th Communications Squadron, becomes the 207th visitor.

TREE: The human Christmas tree takes the stage and entertains the crowd during the Cirque Noel show.

HOOP SPIN: In a display of athleticism and balance, a Cirque Noel artist bends backwards while spinning a hoola-hoop on one hand for a crowd of 750 spectators Dec. 11.



An acrobat dazes the crowd as she performs various maneuvers while hanging 20 feet above the Keystone Theater stage. The 18th Services Squadron-sponsored free event drew a crowd of approximately 6,000 people during 10 different performances.



Various show characters perform on stage during the Dec. 11 show. Cirque Noel is a fusion of cirque-acrobatic, aerial performance, magic and dance woven into a "Noel" holiday theme. The show highlighted a journey through different images of the holiday season.

Okinawans vary their Christmas time

By Master Sgt. Adam Johnston
18th Wing Public Affairs

While many Okinawans do something for Christmas, there are some slight differences in the way Japanese celebrate Dec. 25.

"Many people in Okinawa celebrate Christmas, but it's not a religious event for us," said Ryo Motohara, a translator with the 18th Wing judge advocate office. Chiemi Karimata, the executive officer for 18th Services Squadron, seemed to agree. "While there are some Christians in Okinawa, most Japanese don't celebrate it as a religious holiday," she said.

But besides that fundamental difference, the Japanese celebrate the holiday with some slight variations.

One variation is dinner selection. "Normally we don't eat turkey," said Mr. Motohara. "It's not very popular. But, we do eat chicken and if you drive by KFC [Kentucky Fried Chicken] you'll see that it's really crowded," he said.

A greater difference in Christmas celebration in Japan is that the holiday — especially for young couples — is considered a time for romance. "For boyfriends and girlfriends it's a time for a romantic date and dinner," said Mrs. Karimata. Mr. Motohara added: "Unmarried couples usually go to a fancy restaurant and have a special dinner or spend the night at a resort hotel. Most hotels by now are already reserved and it'd be hard to find a vacancy on Christmas," he said. "It's a big day for those not married."

Mr. Motohara said a recent study in Japan surveyed boyfriends and girlfriends throughout Japan asking what they wanted for Christmas. "Most boyfriends said they wanted love from their girlfriends this Christmas," he said. "Most girlfriends in Japan said they wanted jewelry. I think there's probably no difference there between our two nations," he said with a laugh.

Mr. Motohara said the top gift request this year from Japanese



Air Force photos by Staff Sgt. Chyrece Campbell

Mirika Uechi, a local pastry shop owner, said her small cake shop -- Miche Miche -- will sell anywhere from 200 to 300 cakes on Christmas Day in Awase.

women is a ring for the right hand that ranges in cost from \$200 to \$400. He said necklaces — another jewelry item — are also a popular gift item for girlfriends in Japan.

But while the luster of gift giving may be high for dating Japanese couples, married couples in Okinawa rarely exchange gifts. "Gift exchange doesn't really happen between spouses," said Mrs. Karimata. "It's mostly for kids."

Mrs. Karimata said Americans seem to spend more on individual gifts for their children than Japanese typically do. One possible reason is that New Year's celebrations — where money gifts are also provided to children — is right around the corner. "So between the

two holidays, we too spend a lot of money," she said.



The one true standard in Japan every Dec. 25 is a Christmas cake.

For Americans, it may be a traditional fruitcake for the holidays, but in Japan the one true standard every Dec. 25 is a Christmas cake. "In Japan we are not so religious but we want to celebrate something, so that's why people buy a special cake," said Mirika Uechi, a local pastry shop owner. Ms. Uechi said her small cake shop Miche Miche in Awase will sell anywhere from 200 to 300 cakes ranging in cost from 2,100 to 3,300 yen on Christmas Day. "But only on Christmas Day because people eat it that night as a Christmas tradition," she said.

While there may be some slight variations in the way Okinawans celebrate Christmas, one theme remains: spending time with loved ones.

The Okinawa Perspective

The following is a synopsis of articles that appeared recently in Japanese newspapers.

□ Okinawan third-graders from Urasoe Elementary School, in Urasoe City, met with American students from Bob Hope Primary School recently to practice their English speaking skills. The thirty students carried on conversations about shopping experiences as part of an international understanding education program.

□ Since August, the number of patients infected with mumps on Okinawa has increased by 3,600. The Prefectural Health Promotion Division issued a warning for the first time in three years and is pushing prevention by encouraging people to wash their hands frequently, gargle with mouthwash and get vaccinated.

□ The Okinawa director general of the governor's executive office addressed questions about the economic impact of U.S. military realignment in the Okinawa Prefectural Assembly Dec. 8. "It is difficult to calculate such numbers, since the interim report has not stipulated the details of relocating service members or returning land to Okinawa," said the director. "So at

this point it's hard to grasp how much the revenue received from military bases is going to decrease and how many base workers will be unemployed." Regarding the current status of off-base rental houses for US military members and civilians, the director said, "Okinawa Prefectural Government and Naha Defense Facilities Administrative Bureau do not have official data, but according to the Okinawa Rental Housing Association, there are currently 5000 residences registered, of which 3500 - 4000 are contracted."

□ Kadena Air Base hosted seventeen former residents of the Shimosedo district in Chatan Town for a visit to on-base sacred sites Dec. 7. The visitors reminisced as they toured a former playground, a grave and an old well. Residents made a request through the Naha DFAB for Kadena AB to continue to preserve the sacred sites. According to one of the members, Kadena officials responded by reaffirming the base's preservation commitment.

□ Prime Minister Junichiro Koizumi announced Dec. 8 the deployment extension of Japan Self-Defense Forces in Iraq into a third year with a plan to withdraw key ground troops as early as the summer of 2006. The prime minister said the government could pull the troops out before Dec. 14 of next year. The deployment was originally scheduled to expire Dec. 14 this year.

Ask Oba-chan



"Ask Oba-chan" (Grandma) is a forum for readers to ask Japanese cultural questions. To submit a question, send an e-mail to: kadenashogun.newspaper@kadena.af.mil

with the subject line - ASK OBA-CHAN

I've heard that the New Year is a big holiday in Japan. What do Japanese people do during and after the New Year?

O-Sho-Gatsu (The Opening Month) is for many Japanese a major period of activity. We place a braided straw decoration (shimenawa) on the front gate or door for New Year's. Some folks place smaller ones on the front of their cars.

While these vary in design, they almost always contain an orange-colored fruit to indicate the wish for prosperity for generations, seaweed to indicate the wish for happiness for the family, and red and white diagonal folded paper to indicate the wish for good luck. The long straws indicate a wish for health and long life. The very fancy ones may also have a gold string or the paper will be edged in gold.

Many families also place rice-cake (mochi) decorations in the place of honor in their house. These, too, will normally have an orange or tangerine, and the red and white paper. This is an offering to the New Year's kami (god) and holds the same wishes for prosperity, happiness, health, and long life for the family.

We also have New Year's parties, but normally not on New Year's Eve. Many of us have two New Year's parties. One, called bonenkai (kill the year party), is held before New Year's and is to celebrate the good times from the previous year, but mostly to kill (or bury) the bad times. The second party, called shinnenkai (literally New Year's party), is held after New Year's Day, normally in the first 6-10 days in January, to welcome the New Year and to wish for success and happiness throughout the year.

Some people party on New Year's Eve just like Americans. Others spend time with extended family gatherings. As midnight approaches, there is a tradition of eating soba as the long noodles are indicative of long life. At midnight, we set off fireworks and ring temple bells. The noise of the fireworks is intended to drive off any evil spirits who are trying to sneak into the new year with us. Most of the resort hotels have superb fireworks displays.

The temple bells are traditionally rung 108 times to eliminate the 108 kinds of sins and delusions of human beings. In the old days, the New Year's Eve celebration would culminate with everyone staying up all night to welcome the arrival of the first sun of the year. Here on Okinawa, many people go to Hedo Point to do the same.

New Year's Day is time for families. Almost everyone will have specially prepared foods ready to serve not only families, but guests that may drop by the home. Neighbors traditionally visit each other to extend wishes for a healthy, safe, and prosperous year. If there are small children in the household, they are given a small gift of money called an otoshidama. When I was a child, our otoshidama wasn't money, but something useful, like a pencil or notebook for school.



More than 450 military members were entertained during their lunch hour by second graders from Bob Hope Elementary School at the Marshall dining facility on Dec. 8.

Elementary students sing, bring holiday cheer

Story and photo by
Staff Sgt. Chyrece Campbell
18th Communications
Squadron

Students from Kadena's Bob Hope Elementary School brought holiday cheer to more than 1,500 military members and their families here last week.

The school's second graders appeared at various locations around the base and sang sea-

sonal songs.

Under the direction of music teacher D.J. Grace, the children performed such holiday classics as "Rudolph the Red Nose Reindeer," "Hanukkah Time," and "We Wish You A Merry Christmas."

The students were more than happy to share some holiday spirit through songs.

"...Five golden rings!" yelled Ronald-Jethro Punzalan, 7,

son of Staff Sgt. Ronald Punzalan. "I love that part of the song," he added.

Covering over five different locations on Kadena, the children were applauded and even cheered by spectators.

"It was cool to see people smile and sing along with us," said Victoria Coleman, 7, daughter of Staff Sgt. Corey Coleman. "We even got candy," she added with a smile.

This is the first year that the Bob Hope Elementary School's entire 2nd grade class participated in holiday caroling. More than 250 students walked to all the different locations with volunteer parents as chaperones.

"This was a wonderful experience being able to help the teachers with this event. I am looking forward to doing this again next year," said Andrea Reid, wife of Master

Sgt. J.R. Reid.

Hours of practice seemed to pay off when the crowd applauded and cheered the singing children.

The kids wrapped up caroling with a performance at the base exchange.

"This holiday season is about giving and this year the children gave the gift of music to help spread holiday cheer to our community," said Mrs. Grace.

Culture Exchange



(clockwise from top)
FRAMES: Bridgette Tassi, a Bob Hope Elementary School teacher, helps children make picture frames during a cultural exchange with Okinawan students from Yogi Elementary School.

FRIENDS: Isabell Lemos helps her new friend, Mizuki Yoshimura, decorate a picture frame Dec. 9.

SING: Teachers Julianne Miles (left) and Keiko Shimaji, lead Okinawan and American children in a song during the exchange.

(Photos by Staff Sgt. Chyrece Campbell)

Today

BANYAN TREE: Reggae beats from 10 p.m. to 3 a.m.
 • Flashback Fridays from 8 to 10 p.m. in the lounge.
 • Latin, salsa and reggae music from 10 p.m. to close.
 • Social Hour from 6 to 8 p.m.
EMERY LANES: Thunder Bowl from 10 p.m. to 1 a.m.
ROCKER NCO CLUB: Deja Vu hits from 5 to 7 p.m.
 • Variety dance hits from 7 p.m. to close.
 • Best of 80s and 90s in the Reflections Lounge from 9 p.m. to 3 a.m.
ITT TOURS: Churu-U Bath House Tour. For more information call ITT at 634-4322.

Saturday

BANYAN TREE: Latin, salsa, and reggae from 10 p.m. until close in the ballroom.
 • Hip hop from 8 p.m. to close in the lounge.
EMERY LANES: Bowling tournament begins at 7 p.m. For more information call 634-2290
OFFICERS CLUB: Handsome Stranger live band performs in the Weekender Lounge starting at 8 p.m.
ITT TOURS: Okuma and Hiji Falls Tour and Shuri Castle and Shikina Tour. For more information call ITT at 634-4322
ROCKER NCO CLUB: Top 40 variety mixer from 7 p.m. to close in the Reflections Lounge.
SCHILLING: Card and Comic Show from 10 a.m. to 6 p.m.
MAREK PARK: Movie in the park will be How the Grinch Stole Christmas beginning at 6 p.m. Free popcorn and drinks will be provided.

Sunday

BANYAN TREE: Juke Box Jams from 7 to 10 p.m.
EMERY LANES: Family Day from 8 a.m. to 11 p.m. Games are \$1.00 each.
ITT TOURS: Battle of Okinawa and Yomitan Pottery Festival. For more information call ITT at 634-4322
ROCKER NCO CLUB: Best of old and new variety from 7 p.m. to close.

Monday

BANYAN TREE: Juke Box Jams from 7 p.m. to close.
 • Social Hour from 6 to 8 p.m.
ITT TOURS: Winter Wonderland Ice Skating. For more information call ITT at 634-4322
ROCKER NCO CLUB: Classic to modern rock music selections from 7 p.m. to 11 p.m.

M O V I E S

Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.

* First Run shows are marked by an asterisk.

Keystone Theater

▲ Friday.....Wallace and Gromit, G, 6 p.m.
 *Harry Potter IV, PG-13, 9 p.m.
 ▲ Saturday.....Wallace and Gromit, G, 12 p.m.
 Wallace and Gromit, G, 4 p.m.
 *Harry Potter IV, PG-13, 7 p.m.
 ▲ Sunday.....Wallace and Gromit, G, 12 p.m.
 Wallace and Gromit, G, 4 p.m.
 *Harry Potter IV, PG-13, 7 p.m.
 ▲ Monday.....*Harry Potter IV, PG-13, 7 p.m.
 ▲ Tuesday.....A History of Violence, R, 7 p.m.

Butler Theater

▲ Dec. 16Lord of War, R, 7 p.m.
 A History of Violence, R, 10 p.m.
 ▲ Dec. 17.....Wallace and Gromit, G, 1 p.m.
 Yours, Mine, and Ours, PG-13, 4 p.m.
 Walk the Line, PG-13, 7 p.m.
 A History of Violence, R, 10 p.m.

Families get helpful tools during readiness fair



(Left to right) Alexis Malin, 11, daughter of Tech. Sgt. Chad Malin, Shelby Molina, 12, Miranda Molina, 7, and Jeanette Molina, family of Staff Sgt. Jeff Molina, get information about the Joint Services 24-hour Help Line from Savannah Lohn, and Jeremie Bienes during the Family Readiness Fair at Schilling Community Center Dec. 9. During the fair, families of deploying members learned about the different help resources and agencies available on base.

Air Force/Staff Sgt. Chyreece Campbell

Tuesday

BANYAN TREE: Football Frenzy from 7 p.m. to close.
 • Pool tournament begins at 7 p.m.
 • Social Hour from 6 to 8 p.m.
ROCKER NCO CLUB: Football Frenzy from 7 to 11 p.m.
ITT TOURS: Ocean Observatory Tour. For more information call ITT at 634-4322

Wednesday

BANYAN TREE: Ladies night from 8 to 11 p.m.
 • Dart tournament at 7 p.m.
 • Social Hour from 6 to 8 p.m.
ITT TOURS: Southeast Botanical Gardens Christmas Light Show. For more information call ITT at 634-4322

Thursday

BANYAN TREE: Country music from 7 p.m. to 1 a.m. Country dance lessons are available at 7 p.m.
 • Social Hour from 6 to 8 p.m.
ROCKER NCO CLUB: Reggae in the lounge from 5 to 7 p.m.
ITT TOURS: Southeast Botanical Gardens Christmas Light Show. For more information call ITT at 634-4322.

Dec. 23

BANYAN TREE: Top 40 Virus from 11 p.m. to 3 a.m.
 • Flashback Fridays from 8 to 10 p.m. in the lounge.
 • Hip Hop to Dirty

South from 10 p.m. to close.
 • Top 40 dance hits from 10 p.m. to close in the ballroom.
 • Social Hour from 6 to 8 p.m.
EMERY LANES: Thunder Bowl from 10 p.m. to 1 a.m.
ITT TOURS: Southeast Botanical Garden's Christmas Light Show and Itoman City Illumination Celebration. For more information call ITT at 634-4322.
ROCKER NCO CLUB: Deja Vu Hits from 5 to 7 p.m.
 • Variety dance hits from 7 p.m. to close.

Dec. 24

BANYAN TREE: Latin, salsa, and reggae from 10 p.m. until close in the ballroom.
 • Hip hop from 8 p.m. to close in the lounge.
 • Social Hour from 6 to 8 p.m.
ITT TOURS: West Marine Christmas Dinner Cruise and Southeast Botanical Gardens Christmas Light Show. For more information call ITT at 634-4322.
OFFICERS CLUB: Handsome Stranger live band will perform in the Weekender Lounge starting at 8 p.m.

Dec. 25

BANYAN TREE: Juke Box Jams from 7 to 10 p.m.
EMERY LANES: Family Day from 8 a.m. to 11 p.m. Games are \$1.00 each.
ROCKER NCO CLUB: Best of old and new variety from 7 p.m. to close.

Dec. 26

BANYAN TREE: Juke Box Jams from 7 p.m. to close.
 • Social Hour from 6 to 8 p.m.

ITT TOURS: Ocean Expo and Churaumi Aquarium Tour. For more information call ITT at 634-4322
ROCKER NCO CLUB: Classic to modern rock music selections from 7 to 11 p.m.

Dec. 27

BANYAN TREE: Football Frenzy from 7 p.m. to close.
 • Pool tournament begins at 7 p.m.
 • Social Hour from 6 to 8 p.m.
ROCKER NCO CLUB: Football Frenzy from 7 to 11 p.m.
EMERY LANES: 75-cent Day from 8 a.m. to 5 p.m.
ITT TOURS: Neo and Butterfly Park Tour. For more information call ITT at 634-4322.
FSC CLASSES: Bundles for Babies from 8 a.m. to 12 p.m. For more information call FSC at 634-3366.
 • Smooth Move Workshop from 9 a.m. to 12 p.m. For more information call FSC at 634-3366.

Dec. 28

BANYAN TREE: Ladies night from 8 to 11 p.m.
 • Dart tournament at 7 p.m.
 • Social Hour from 6 to 8 p.m.

ITT TOURS: Okinawa World, Gyokusendo Cave Tour. For more information call ITT at 634-4322.

ROCKER NCO CLUB: Jazz from 5 to 8 p.m.
 • Ladies Night from 8 p.m. to close.

FSC CLASSES: Unaccompanied Newcomers Bus Tour from 8 a.m. to 4:30 p.m. For more information call FSC at 634-3366.

Dec. 29

BANYAN TREE: Country music from 7 p.m. to 1 a.m. Country dance lessons are

available at 7 p.m.
 • Social Hour from 6 to 8 p.m.
ROCKER NCO CLUB: Reggae in the lounge from 5 to 7 p.m.
ITT TOURS: Hedo Point and Beyond Tour. For more information call ITT at 634-4322.
FSC CLASSES: Group Pre-separation Counseling from 9 a.m. to 10:30 a.m. For more information call FSC at 634-3366.

Dec. 30

BANYAN TREE: Mainstream and urban beats from 10 p.m. to 3 a.m.
 • Flashback Fridays from 8 to 10 p.m. in the lounge.
 • Latin, salsa and reggae music from 10 p.m. to close.
 • Social Hour from 6 to 8 p.m.
EMERY LANES: Thunder Bowl from 10 p.m. to 1 a.m.
ITT TOURS: Taste of the Town Tour. For more information call ITT at 634-4322.
OFFICERS CLUB: Veteran retirees luncheon in the Kudaka Room from 11 a.m. to 1 p.m. Reservations are recommended.
ROCKER NCO CLUB: Deja Vu Hits from 5 to 7 p.m.
 • Variety dance hits from 7 p.m. to close.

C H A P E L

Catholic
 ▲ Monday through Friday: Mass, Chapel 2, noon.
 ▲ Saturday: Confession, Chapel 2, 8:30 to 4:30 p.m.
 Vigil Mass, Chapel 2, 5 p.m.
 ▲ Sunday: Mass, Chapel 3, 8:45 a.m.
 Mass, Chapel 1, 12:30 and 5 p.m.
Protestant
 ▲ Wednesday: Bible Study, Chapel 2, 7 p.m.
 ▲ Sunday: Inspirational, Chapel 2, 8:30 a.m.
 Liturgical, Chapel 3, 8:45 a.m.
 Evangelical, Chapel 1, 9 a.m.
 Traditional, Chapel 2, 10:30 a.m.
 Gospel, Chapel 3, 10:30 a.m.
 Sunday school, Bldg. 327, 8:45 & 10:45 a.m.
 ▲ Contemporary worship: Sundays, Chapel 1, 7:30 p.m.
 ▲ Eastern Orthodox services: Call 645-7486
 ▲ Jewish services: Call 637-1027
 ▲ Islamic services: Call 636-3219

Center offers free programs for '06 resolutions

By Master Sgt.
Adam Johnston
18th Wing Public Affairs

Those with big plans for fitness and weight loss in 2006 may just have an opportunity to see those resolutions come true in the next few weeks.

More than 30 free fitness programs are offered for authorized customers at Kadena's Risner Fitness Center.

Best of all there's still time to get a free fitness assessment before the New Year to ensure you start the year and a new resolution off right.

"My standard advice to someone coming out of a holiday - any holiday - looking to begin a fitness program is to have them sit down with our professional staff and get a fitness assessment," said Gerard Barnes, Risner Fitness Center manager. "The fitness assessment is free and done by our military staff."

The only catch is that the assessment has to be scheduled like a normal appointment but can be setup by calling 634-5128.

"We put you on Microfit -- a computerized fitness assessment device -- where your blood pressure, heart rate, body fat content and general fitness condition is assessed," said Mr. Barnes. "Then we'll ask you what your fitness goals are and assist you in designing a program. All of this is totally free," he said.

The assessment and fitness program design aren't the only freebies issued by the gym. The following are a listing of free classes offered for those wanting to make a change in 2006:

Mondays

9 to 10 a.m.
Step Aerobics and Conditioning: This class uses up and down movement onto and from an adjustable step platform for majority of the class. The class may also incorporate both high and low impact aerobic moves. Participants will also learn basic "step" terminology and moves. Classes accommodate beginners through advanced students with modifications for beginners and options for the more advanced.

5:30 to 6:20 a.m.
Interval Stationary Bicycle Ride: Based on the outdoor cycling methods of competitive cyclists, stationary bicycle classes teach proper techniques to experience increased cardiovascular performance and greater caloric expenditure. First timers are asked to allow a little extra time for orientation and proper bike setup. This 50-minute class accommodates all fitness levels.

9 to 10 a.m.
Step Aerobics: This class uses up and down movement onto and from an adjustable step plat-



Air Force/Staff Sgt. Chyrece Campbell

For those who can't fit a class into their schedule, Kadena's Risner Fitness Center also offers more than 30 fitness machines for authorized users and is open 24 hours a day.

form for most of the class. The class may also incorporate both high and low impact aerobic moves. Classes accommodate beginners through advanced students with modifications for beginners and options for the more advanced.

11:30 a.m. to 12:30 p.m.
Power Yoga: A vigorous sequence of Yoga poses combined with dynamic breathing techniques creates a high-energy workout. Designed to develop strength and flexibility, Power Yoga is a full mind-body experience setup to improve a range of motion, muscle tone, stamina and mental focus. This class accommodates all fitness levels.

5 to 5:50 p.m.
Strength Stationary Bicycle Ride: First timers are asked to allow a little extra time for orientation and proper bike setup. This 50-minute class accommodates all fitness levels.

5:15 to 6:15 p.m.
Total Body Conditioning: A variety of cardiovascular and strength training moves geared to enhance overall fitness by "shocking" the body with constant changing levels of intensity, resistance and aerobic movement. This class is geared for intermediate to advanced fitness level students.

Tuesdays

9 to 10 a.m.
Body Sculpting: An hour of non-stop strength training. Using dumbbells, body bars, resistance tubing and a student's body weight, the instructor will work every major muscle group at least two different ways. This class accommodates all fitness levels.

4 to 5 p.m.
Strength Conditioning: A combination of cardio endurance methods to include basic step and high and low impact aerobic floor movements, as well as strength/muscle conditioning for

a total body workout.

5:15 to 6:15 p.m.
Strength Conditioning: Same class as above but at a later time.

6:30 to 7:30 p.m.
Cardio Funk: This step class incorporates techniques and moves from jazz, modern dance, hip-hop, line dancing, free-style, mambo, salsa, power moves and much more. This fun-filled class is perfect to incorporate into your weight loss or cardiovascular program.

5 to 5:50 p.m.
Interval Stationary Bicycle Ride: Based on the outdoor cycling methods of competitive cyclists, stationary bicycle classes teach proper techniques to experience increased cardiovascular performance and greater caloric expenditure. First timers are asked to allow a little extra time for orientation and proper bike setup. This 50-minute class accommodates all fitness levels.

5:15 p.m. to 6:15 p.m.
Total Body Conditioning: A variety of cardiovascular and strength training moves geared to enhance overall fitness by "shocking" the body with constant changing levels of intensity, resistance and aerobic movement. This class is geared for intermediate to advanced fitness level students.

7:30 to 8 p.m.
Abdominal class: This class is designed to focus on abdominal muscles. Class accommodates all fitness levels.

Wednesdays

5:15 to 6:15 a.m.
Step Aerobics and Conditioning: The same class as the one

taught on Mondays at the same time. Classes accommodate beginners through advanced student with modifications for beginners and options for the more advanced.

5:30 to 6:20 a.m.
Strength Stationary Bicycle Ride: First timers are asked to allow a little extra time for orientation and proper bike setup. This 50-minute class accommodates all fitness levels.

9 to 10 a.m.
Kickboxing: A high-intensity, low impact class that fits all fitness levels.

10 to 10:30 a.m.
Abdominal class: This class is designed to focus on abdominal muscles at a morning time frame. Class accommodates all fitness levels.

11:30 a.m. to 12:30 p.m.
Power Yoga: Same class as Mondays. This class accommodates all fitness levels.

4 to 5 p.m.
Jazzercise: Each 60-minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, top 40, jazz, country, funk and classics. The class combines a cardiovascular workout with resistance training and stretching that will increase muscle tone, flexibility, balance, strength and endurance using easy-to-follow moves.

5:15 to 6:15 p.m.
Power Yoga: For those who can't fit the lunchtime class into their schedule.

Thursdays
5:15 to 6:15 a.m.
Body Sculpting: Same class as the one on Tuesdays but held on a different day and time. This class accommodates all fitness levels.

9 to 10 a.m.
Interval training: A mix of strength training and cardio pumping exercise. Some weights and resistance bands, superset muscle-building exercises will be combined with cardio blasts of kickboxing, step and high and low intensity aerobics are included in this workout. Class is geared for intermediate to advanced fitness levels.

4 to 5 p.m.
Strength Conditioning: Same class as the ones offered on Tuesdays.

5 to 5:50 p.m.
Strength Stationary Bicycle Ride: First timers are asked to allow a little extra time for orientation and proper bike setup. This 50-minute class accommodates all fitness levels.

5:15 to 6:15 p.m.
Turbo Kick: A kickboxing class with sass. Kick, punch and groove the calories away in this action-paced fun, safe and effective cardiovascular workout.

6:30 to 7:30 p.m.
Cardio Funk: Same class as the one on Tuesdays at the same time.

7:30 to 8 p.m.
Abdominal class: This class is designed to focus on abdominal muscles. Class accommodates all fitness levels.

Fridays
5:30 to 6:20 a.m.
Endurance Stationary Bicycle Ride: First timers are asked to allow a little extra time for orientation and proper bike setup. This 50-minute class accommodates all fitness levels.

9 to 10 a.m.
Turbo Kick: An upbeat kick boxing class provided for those who need to kick start their mornings. This class is also taught on Thursday afternoons.

10 to 10:30 a.m.
Abdominal class: A morning class that concentrates on abdominal muscles. Class accommodates all fitness levels.

11:30 a.m. to 12:30 p.m.
Power Yoga: Same class as Mondays and Wednesdays. This class accommodates all fitness levels.

Saturdays
9 to 10 a.m.
Cardio & Strength Conditioning: This weekend class combines cardio endurance methods to include aerobic floor movements and muscle conditioning for a total body workout.

9:45 to 10:45 a.m.
Introductory Cycling: This weekend class is designed to introduce users to stationary bicycle exercise.

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If you are going to drink this Holiday Season

drink responsibly — have a plan!

